

# My Buck-I-SERV Trip to Akokwa, Ghana

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## Project Description

Akwaaba! My STEP signature project was a Buck-I-SERV trip that traveled to Akokwa, Ghana and worked alongside the Akumanyi Foundation. While we were there, we primarily spent our time working with The Engyankwa wo enyiadad (Hope for Orphans) Children's Home. We played games with the children, assisted in the schools, and also helped with chores such as sweeping, washing dishes, making meals, bathing the kids, and fetching water from the stream.



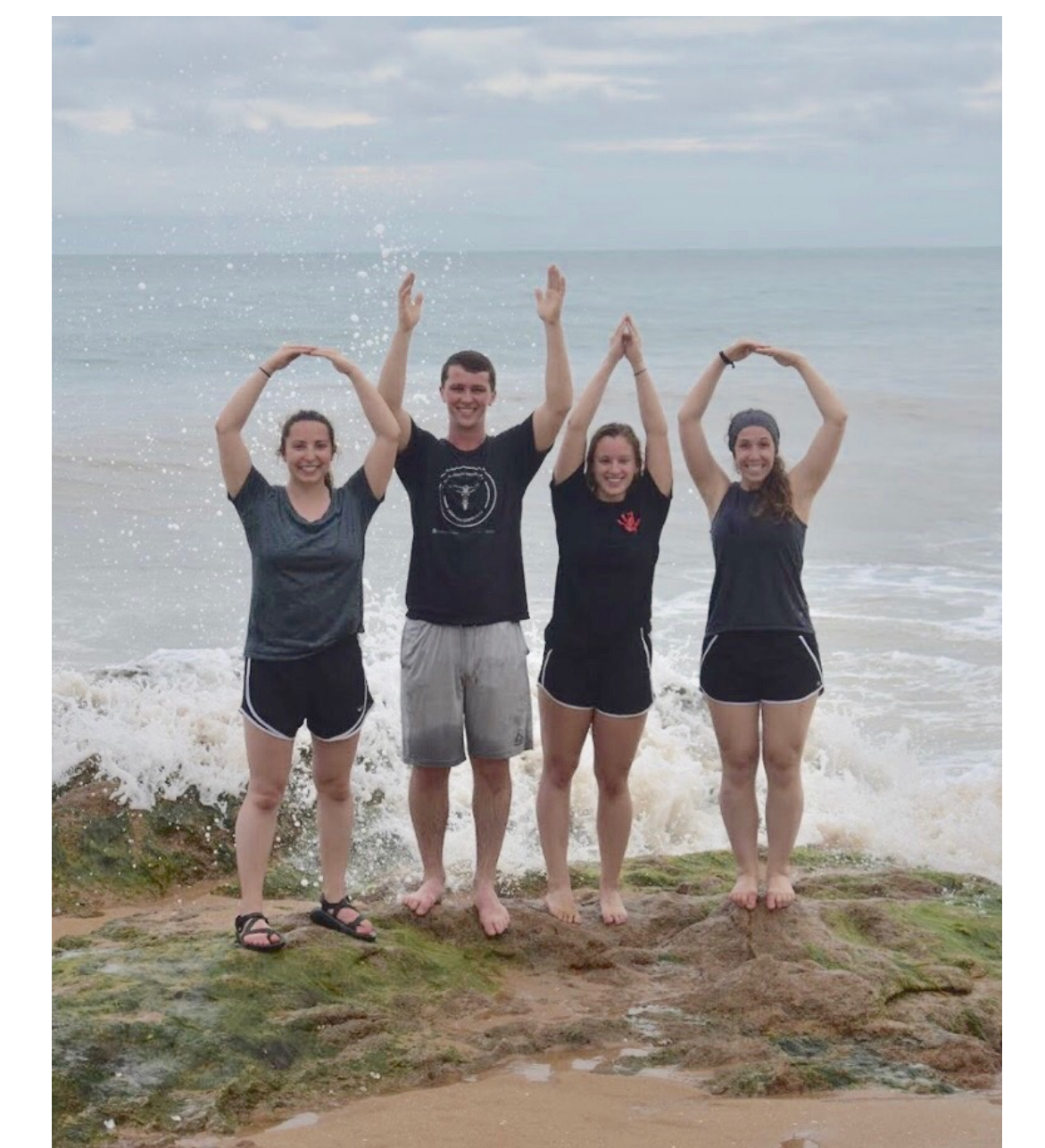
## Why Ghana?

One reason why I was motivated to go to Ghana was to learn about a new culture and how to better interact with individuals from diverse backgrounds. I knew this trip would also assist my future career goal of becoming an Occupational Therapist. This profession requires empathy and knowledge about a variety of different cultures and backgrounds, as occupational therapists work with a variety of people and must use this information to develop a plan of action to help them accomplish their activities of daily living. I knew that this trip would help me build upon these skills by working with vulnerable youth and women of a culture I was not familiar with.



## Lasting Impacts

The transformation and development in myself since this trip are important because it's going to change how I live my life and how I go about my job as a future occupational therapist. Since I have gotten home from Ghana, my perspective about certain aspects of how I live my life have dramatically changed. One small change I've made is that I've started to take pauses in my day to combat the "go go go" lifestyle of America and remind myself of my simple lifestyle in Ghana.



## A Transformational Experience

This experience provided me with the opportunity to learn about a new culture, and contribute to an organization that focuses on collaboration and sustainability with their partners in Ghana. It taught me how I can use my privilege to help serve others, and gain new perspectives. What I learned from the Ghanaian culture and new friends I made will have a lasting impact on how I choose to live my life.



In Ghana, community comes first. People go to each other for help and treat strangers as friends and friends as family. Since I've been home, I have tried to adopt this more by having more intentional conversations, less small talk, and just spending more quality time with people I care about to show them I love them.



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